



Happy 2020!

A new year is a fresh start and a great time to focus on creating  
(or *re-establishing*) healthy habits!

[Discover why \*\*goals\*\* may be better than traditional resolutions  
for creating habits that stick in 2020.](#)



**Health Matters Hero**

Nominate a [Health Matters Hero](#) who  
inspires those around them and  
contributes to a culture of well-being!



**Featured Recipe**

Power your morning with protein! Try  
these [High Protein Egg Muffins](#) for an  
easy grab-and-go breakfast.



### Take the Stairs Day

Small steps make a big difference! January 8 is Take the Stairs Day.  
[Encourage others to opt for the stairs with these motivating posters.](#)



### Toolkit: Walking Meetings

Find out how to [take your meetings on the move](#) with this new toolkit!



### Mini Challenge: 10 Ten

Make 10 ten-year goals with the ["10 Ten" Mini Challenge](#).



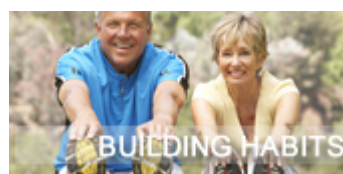
### Prevention Spotlight: Thyroid

Learn about [this small, but mighty, gland](#) that does so much.



### 2020 Calendar

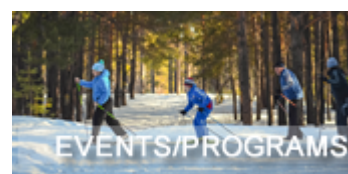
See what [Health Matters has on the calendar for 2020!](#)



### Building Habits



### Healthy Recipes



### Events/Programs

Use these quick tips for  
[building habits](#).

Make [healthy cooking](#) a  
priority this year.

Find [events and  
programs](#) in your area!

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